

Minutes

23rd January 2018

8.00 - 9:45 pm

The Royal Exchange

**Persons attending:**

**Karen Martin: Chairman**

**Hayley Wilson: Captain**

**Jo Vickery: Treasurer**

**Stephen Reyes: Secretary**

**Claire Everitt**

**Ross Arnold**

**Josh Irons**

**Sil Clay**

**Bill Banner**

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| NO | | TITLE | MINUTES | ACTIONS |
| 1 | **Welcomes** | | The Chair welcomed everyone |  |
| 2 | **Apologies** | | Neil Mustoe |  |
| 3 | **Club GP races** | | The races need to be identified asap, Neil to choose the races and get back to KM by the end of the month. Will include Steeple Bumpstead 10k and consideration to be given to include Thurlow 5 & 10. | NM |
| 4 | **Thurlow** | | KM will be away that weekend. Trevor Bunch has agreed to be ‘Course Director’ he has suggested a change of course. Claire Everitt volunteer to be ‘Race Director’. Thurlow to be on the February 2018 agenda as we need to start to address the details. KM CE & TB to arrange a sub group to discuss | CE & KM |
| 5 | **Cross country** | | 25.03.2018 - A route has been identified, HQ will be at the Golf Club, use their toilets etc. No running clothes in the bar but have agreed that the back bar can be used for registration and they are happy to offer tea and coffee. The only stipulation is that the Club promotes their Sunday Carvery. Parking will be at the Woodlands Hotel which is leased by the Golf Course with an over flow into the golf club car park. The route will be almost the reverse of last year’s race. CE will lead on ‘cake’ donations | CE |
| 6 | **Website/FB Twitter Instagram** | | Ross Arnold reported that a Beta site is being developed but at the same time leaving the existing site live whilst the transition to the new site takes place. The new site will follow the same colour scheme (Black & Silver) and is a lot ore user friendly. Josh Irons has set up a ‘Fan Page’ to allow the public to follow the club. The on-line shop can be explored once the new website is up and running. JI will look at the HRC Twitter page and also set up an instagram page  RA has put together a social media policy and a use of photograph agreement. All committee have a copy and to feedback directly to RA | All – read two policy’s and feedback to RA. |
| 7 | **Training** | | In response to the feedback in the pre-AGM survey a meeting was held on the 2nd of January to discuss the fluidity and cohesiveness of the 6:30 & 7:30 Tuesday training sessions. In attendance were KM HW SR TB YF & DG. It was agreed that a rolling 6 week set of training sessions/activities would be trialled and that this could be staggered with the 7:30 session. This will allow coaches to have creativity within their sessions without having to commit to a certain session too far in advance but runners will know where the training will be taking place at least 6 weeks in advance and have an idea of what it will involve (hils, reps etc). These 6 sessions will have been ‘Coach’ approved so they meet with UKA requirements but they can be led by a Run Leader. SR asked that Sil prepare a 6-session schedule to be used at 7.30, he will discuss with YF how this can work effectively. Coaches SC & AB will meet and design the programme for the next 6-week cycle starting in February.  There was an issue arising from the meeting on 2nd Jan as to how long runners can take part in club training until there is an expectation that they join the club. This arose through discussion about club insurance and cover for non-members and also fairness for paying club members. The committee agreed that a 4 week grace period to 'try before you buy' would be allowed for anyone who is thinking of joining the club. If the issue of joining is a financial one then this can be discussed in confidence with a committee member and agreed on a case by case basis. |  |
| 8 | **Juniors** | | AGM feedback asked that consideration is given to develop HRC juniors – do we set up a Juniors Session? How do we provide for them? There needs to be a bit of ‘market research’ to see what other clubs do and what resources are needed to ensure we offer something relevant and of value to our junior members. SC & RA volunteered to explore the options and ideas and bring to next committee. | SC & RA |
| 9 | **Year planner** | | Talks and events need to be scheduled and planned for the year. A survey monkey to be sent out to all club members to gather ideas for topics and then to book for the year.  Social events – Discussion around whether we organise & offer formal ‘events' such as quiz nights etc or ad hoc pub meets? We will re-introduce pint & takeaway after the time trials each month starting in February. CE will take responsibility in communicating this when she communicates the monthly TT  This year and into early 2019 will see the 20th anniversary of HRC. There will be an event in the summer to celebrate 20 years of HRC. KM will meet with NC DG & MM founder members to discuss their ideas and how we might mark this celebration  A ‘First Aid’ course should be offered to all run leaders and coaches. CE will look into someone coming and delivering something solely for this purpose | SR and RA Survey Monkey  CE  KM  CE |
| 10 | **Charity of the year** | | The committee would like to support a local charity on a yearly basis. This year the committee has chosen to support REACH.HW will discuss with Henry Wilson what might be the best way to support them and put forward the idea that monthly donations of money/foodstuffs are donated by club members at monthly time trial. The club will also use other events it hosts to promote and help te charity | HW |
| 11 | **Awards night survey** | | This needs to be booked and the date arranged earlier this year. Member consultation to take place to consider  Month, venue, meal type, cost, entertainment, in/out of town. SR to send out survey monkey  Awards categories – Include on the survey monkey any ideas for different/ new award categories that members might like added e.g endurance award, 'toilet award' | SR to do Survey Monkey |
| 12 | **Advertising on Facebook** | | The question of whether we allow businesses to promote their business through the club Facebook page. Committee agreed no advertising but we will provide space for links on the HRC website for local services such as physio, personal training etc |  |
| 13 | **Runner of the month** | | Suggested that a runner of the month profile would be a good way of recognising progress/club contribution by individuals and is also helpful to help with nominations when it comes to awards night. Will start as soon as we can and JV will look how this can best be done | JV |
| 14 | **Sturmer Fun Run** | | Request from the Sturmer Village Hall committee that HRC support them in organising a fun run to mark a celebration of the river Stour. HRC are happy to support this. HW & KM have met with a Sturmer committee member to discuss this. More information to follow |  |
| 15 | **AOB** | | The Garage needs to be tidied up. Committee approved Bill Banner to get some Shelving/racking and to ask for a few volunteers one weekend to help with this. | BB |
| 16 | **Date of Next Meeting** | | 27th of February 2018 – at the sports centre – if can have quiet spot or the Shuttle. | SR |